



a highly regarded
annual conference
for professionals
dealing with
critical
behavioral health
and addiction
issues confronting
today's adult
generations

MARCH 16-17, 2015

**Salt Palace Convention Center
100 So. West Temple • Salt Lake City, Utah**

**Gain major continuing education credits and learn
from renowned experts such as:**



STANTON E. SAMENOW, PHD
Clinical Psychologist & Researcher
Author of several books including:
Inside The Criminal Mind



JEFFREY BALL, PHD
Co-Founder, CEO & Executive Director
Psychological Care & Healing Treatment Center
to address Trauma & Personality Disorders

**Special post-conference workshops in Dialectical
Behavior Therapy (DBT) & Suicide Postvention Training**

Founded & supported by the
Utah Division of Substance Abuse & Mental Health
University of Utah Neuropsychiatric Institute
501 Chipeta Way • Salt Lake City, UT 84108

JOIN US

Nature or Nurture? Genetics or Experience? DNA-RNA or culture-instinct?

Generations 2015 will not provide a definitive answer for you but it will present you with points on both sides of the debate in relation to critical behavioral health and addiction issues facing today's adult generations. You will have the opportunity to explore, from a professional perspective, topics such as criminal thinking errors and behavior, substance use, mood disorders, gender issues, compassion fatigue, pornography, military issues, recovery, suicide, moral distress, dementia, psychosis, trauma and much more. You will have chances to explore the roles of many issues in your own practice – from spirituality to psychopharmacology; from assessments to specific evidence-based interventions; and, from resiliency and person-centered treatment to outside resources and systems-of-care matters.

Science has advanced yet this centuries old debate continues.

While you may never be able to decide whether a person's development is predisposed in his/her DNA, or if a majority of it is influenced by life experiences and environment, inarguably, both nature and nurture play important roles in human development. Treatment providers, and their clients, will benefit from paying attention to the science and knowledge backing both schools of thought. With this base, *Generations 2015* will follow its popular, well-liked tradition of providing the **latest research**, most current and **effective treatment skills and modalities** for professionals dealing with behavioral health and addiction issues in all adult generations. This will be achieved via:

- sound clinical education;
- skill-building workshops;
- case studies;
- current evidence-based practices and practice-based evidence;
- in-depth clinical information;
- lively and interactive breakouts;
- debates & ethical discussions;
- breaking research; and,
- concrete tools and technical skills development.

You will also benefit by:

- meeting new and familiar professional colleagues;
- increasing your referral base;
- expanding your current networks;
- developing new resources; and,
- exploring career opportunities.

Additionally, once you leave the conference, you will be able to:

- Expand your knowledge and develop strategies to more effectively promote the healthy growth and development of individuals in all adult developmental stages and various cultural / ethnic backgrounds who are dealing with behavioral health challenges and/or addiction issues;
- Employ effective working tools to properly intervene in these issues;
- Identify needs and access current resources; and,
- Use tools to develop and implement prevention and intervention programs in business, community and/or government sectors of the western states.

Improve your clinical practice and enhance the care you provide clients by attending this unrivaled program with others in the spheres of:

- Addiction Treatment
- Case Management
- Clergy
- Corrections / Judicial
- Counseling
- Education
- Employee Assistance
- First Responders
- Family Practice
- Geriatrics
- Gerontology
- Health Education
- Higher Education
- Home Health
- Hospice
- Law Enforcement
- Long-Term Care
- Marriage / Family Therapy
- Medicine
- Military Specialties
- Nursing
- Primary Care
- Psychiatry
- Psychology
- Social Work
- Other Health, Behavioral Health & Addiction Professions

REGISTER WILL BE CAPPED SO DON'T MISS OUT REGISTER NOW TO GUARANTEE YOUR SEAT!

Learn from renowned national and local experts who will be together under one roof. It's convenient and easy! No long distance travel, multiple trainings, big bucks, or mediocre programs. Instead, you will enjoy an incredible professional education program for a reasonable price. Select sessions based upon your practice and interests. Enjoy targeted training and skill-building opportunities to help you excel in today's quickly changing treatment environment! Reserve your seat at this celebrated, well-respected conference and be guaranteed:

- Substantial continuing education credits - including ethics content
- A comprehensive program packet with resource information & faculty handouts
- Copious networking opportunities
- Access to a conference bookstore
- Plentiful & tasty food
- Programs by energetic & admired faculty
- Skill-building practicums
- Specialized tracks in targeted therapeutic spheres
- Spacious, comfortable setting
- Nationally & locally celebrated faculty
- Audio-visual program enhancements
- Exhibit & resource areas
- A diversity of clinical presentations focused on treatment
- Discounted lodging accommodations
- Gifts & more!

TO REGISTER SIMPLY:

- **Complete and submit the attached "Registration Form" OR**
- **Complete on line registration with your credit card at www.esimgt.org using conference code "G316"**

Cancellations for unforeseen circumstances must be received in writing by:

- February 14 for a full refund
- February 25 for a 50% refund
- No refunds will be granted after February 25



ETHICS & CONTINUING EDUCATION CREDITS

Enjoy *Generations 2015* and gain major continuing education hours for an economical rate. This two-day program offers up to **13.5 hours** of course work for continuing education credit in most fields with an additional **13.25 hours** possible via post-conference workshops in Suicide Postvention or DBT. Keep your program syllabus for future use and immediate reference to the education, tools and resources you attain.

This packet and/or a CEU/CME Certificate also verify your participation which counts towards licensure requirements! (In some states, CME programs like this may be used for re-licensure credit in other fields – additional to those listed, whether or not specific advance approval has been obtained by each specific association / entity. It is the responsibility of each individual to record and report their attendance to their licensing organization and to check on reciprocity and licensure credit as needed.)

• **Professional Credit:** This program has been submitted to and/or already approved by the:

- National Association of Alcohol and Drug Abuse Counselors (NAADAC)
- National Association of Social Workers (NASW)
- Nevada Nurses Association (Accredited approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation)
- Utah Association for Marriage & Family Therapy (UAMFT)
- Utah Healthcare Association (for Long-Term Care Administrators)
- Utah Psychological Association
- Police Officer Standards & Training (POST) training hours are available

• **Accreditation:** ESI Management Group is accredited by the Utah Medical Association to provide continuing medical education for physicians.

• **AMA Credit:** ESI Management Group designates this live educational activity for a maximum of 26.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

• **Certificate of Attendance:** Attendees may register to receive this document as proof of participation to employers, accrediting organizations and others. (See "Registration Form")

LODGING ACCOMMODATIONS

Three different hotels are offering special discounted rates for participants of *Generations 2015*. Select the lodging option that best fits your style and needs.

Holiday Inn Express, a newly renovated hotel just across from the Salt Palace space hosting *Generations*, will open in early 2015 and offer guests a variety of amenities. King and double queen rooms will be available to conference guests for just \$109 per night for single or double occupancy. On-site parking (206 South West Temple) is \$5 per day. Reservations may be made by calling 1-800-Holiday or going on line at www.hiexpress.com/downtownslcut and using group code GCE.

Marriott Downtown at City Creek offers rooms with beautiful panoramic views of Salt Lake and is located just across the street from the Salt Palace Convention Center. To take advantage of discounted room rates of \$129 per night, single or double occupancy, simply contact the hotel at 800-228-9290 or 801-531-0800 by February 16th and identify yourself as an attendee of *Generations 2015*. If you prefer to book on-line, click on [Book your group rate: ESI Management Group Mar2015](#) or go to www.marriott.com and insert group code ESIESIA. Underground, self-parking is available on-site (75 South West Temple) to hotel guests for \$15 per day.

Peery Hotel is a full service, luxury boutique hotel also in the heart of downtown Salt Lake City, just one block south of the Salt Palace. The historic Peery, a tradition since 1910, offers *Generations'* guests classic king rooms for \$109 and king parlor suites for \$129. These reduced rates are only guaranteed for those calling in (801-521-4300) by March 1st. Located at 110 West Broadway, this hotel offers access to a public parking lot behind / north of the building for \$12 per day with in and out privileges.

PARKING & TRANSPORTATION

For your convenience and in support of a clean environment, carpooling and the use of TRAX are encouraged. The Temple Square TRAX stop is less than one block north of the convention center - on the intersect of West Temple and South Temple.

Convenient, underground, self-parking is available at the Salt Palace Convention Center for guests of *Generations* for a rate of \$12/day. For your maximum convenience, enter the lot on the south side of the Salt Palace - 200 South 200 West then ride the elevator to the main ballroom level.

Alternate parking options include the self-parking lot at 144 West Pierpont for \$5/day or the public lot at 275 South West Temple for \$10/day.

All conference hotels are only a ten minute drive from the Salt Lake International Airport. For airport transportation, you may check with your hotel, use Express Shuttle (801-596-1600) for \$8 per person each way or TRAX public transportation for \$2.50 per person each way.

(All prices noted are as of print date.)

CITY EVENTS

For information on Salt Lake City events or recreation during or around the conference dates, call the Salt Lake Convention and Visitors Bureau at 801-534-4901 or 800-541-4955. They can help you plan trips to museums or music venues, look up special events, or find the perfect place for you to buy a gift or enjoy a special meal. If you have time to extend your stay, you may want to ask them how you can venture out to Rocky Mountain Raceway, one of the 12 world-class ski slopes within 30-minutes of the conference, Antelope Island, Great Salt Lake, or any other fantastic city highlights.

QUESTIONS?

Contact ESI Management Group at 801-501-9446 or toll-free 877-501-9446.

2015 AGENDA

This year's STELLAR PROGRAM

is built on the ideas and requests of attendees. It is fresh and innovative, with conversant faculty presenting a plethora of topics seen in most clinical practices.

Monday – MARCH 16, 2015

7:00 - 8:00 REGISTRATION, EXHIBITS & CONTINENTAL BREAKFAST

8:00 - 9:15 WELCOME - *University of Utah Neuropsychiatric Institute*
University of Utah Department of Psychiatry

KEYNOTE ADDRESS: INSIDE THE CRIMINAL MIND

Stanton E. Samenow, PhD – Clinical Psychologist, Consultant, Noted Speaker & Author, Private Practice

9:15 - 9:30 EXHIBITS & BREAK

9:30 - 10:45 CONCURRENT SESSIONS

ACCEPTANCE & COMMITMENT THERAPY: A SKILLS-BASED TRAINING

Michael P. Twohig, PhD – Associate Professor, Utah State University

DEALING WITH HOSTILE AND / OR RESISTANT CLIENTS

Stanton E. Samenow, PhD – Clinical Psychologist, Consultant, Noted Speaker & Author, Private Practice

ELDER & VULNERABLE ADULT ABUSE FROM MULTI-DISCIPLINARY VIEWPOINTS

Shannon Alvey, MS, SSW, NMG – Director, Office of Public Guardian

Peter Hebertson, MS – Outreach / Ombudsman Program Manager, Salt Lake County Aging & Adult Services

Nancy Madsen, MS, SSW – Caregiver Support Program Manager, Utah Division of Aging & Adult Services

Nan Mendenhall, SSW – Assistant Division Director & APS State Director, Utah Division of Aging & Adult Services

Blake Nakamura, JD – Chief Deputy, Salt Lake County District Attorney's Office

EXECUTIVE FUNCTION & THE CLINICAL IMPLICATIONS FOR YOUR PRACTICE

Martin Freimer, MD – Assistant Clinical Professor of Psychiatry, University of Utah; Cognitive Disorders Clinic; Salt Lake Regional Inpatient Geriatric Behavioral Health Unit

GOING OUTSIDE THE TRADITIONAL INTERVENTION BOX FOR WELLNESS

Annie Budhathoki, MSTOM, LAC – Licensed Acupuncturist, Huntsman Cancer Hospital & Clinics

INTEGRATED SERVICE & ETHICS – PROMISES, PITFALLS & PREFERRED PRACTICES IN ADDICTION, PHYSICAL & MENTAL HEALTH TREATMENT **

Jeremy Christensen, LCSW – Assistant Director, Utah Division of Substance Abuse & Mental Health

LOVE 'EM OR HATE 'EM, THEY'RE HERE TO STAY: DSM-5 & ICD10

Cathie Delewski, DSW, LCSW – ED/Trauma Crisis Workers Manager, University of Utah Hospital

Brandi Belli-Luna, CPC – ICD Clinical Coding Analyst, SelectHealth

MARIJUANA MOVEMENTS – ARE THE EFFECTS OF DEREGULATION EVERYTHING HOPED FOR?

Christopher Stock, PharmD, BCPP – Clinical Pharmacy Specialist & Professor, George E. Wahlen VA Medical Center

10:45 - 11:00 EXHIBITS & BREAK

11:00 - 12:00 CONCURRENT SESSIONS

A PAN-THEORETICAL TOOLBOX FOR UNDERSTANDING & WORKING WITH CHRONICALLY-ILL PATIENTS

Daniel Lancaster, LCSW – Psychosocial Oncology Clinician, Huntsman Cancer Institute

ASSESSMENT & MANAGEMENT OF TRAUMATIC BRAIN INJURY

Mandi Deitz, PhD

Harrison Weinstein, PhD – Psychologist, George E. Wahlen VA Medical Center

BREAKING THE DOMESTIC VIOLENCE CYCLE THROUGH EFFECTIVE PRIMARY – TERTIARY INTERVENTIONS

Jennifer Oxborrow, LCSW – Domestic Violence Program Administrator, Utah Division of Child & Family Services

FORENSICS BEHIND SUBSTANCE USE / ABUSE & CRIMINAL THINKING / BEHAVIOR

Stanton E. Samenow, PhD – Clinical Psychologist, Consultant, Noted Speaker & Author, Private Practice

MAKING SENSE OF PSYCHOMETRICS & PUTTING THEM TO GOOD USE

Brett Talbot, PhD – Psychological Services Director, Provo Canyon Schools

SUBSTANCE USE & ADDICTION AMONG PREGNANT WOMEN & OTHER WOMEN

Barbara Sullivan, PhD, MSW – Associate Director, Utah Addiction Center

TAKING THE SHOCK OUT OF ECT: REDUCING STIGMA THROUGH REVIEW OF EVIDENCE ABOUT ECT'S USE, SIDE EFFECTS AND EFFICACY

Jeremy Kendrick, MD – Assistant Clinical Professor, University of Utah Department of Psychiatry

WHEN COGNITIVE CHANGES BECOME DANGEROUS

Clinical Representatives, Wasatch Mental Health

12:00 - 1:00 LUNCHEON

1:00 - 2:15 CONCURRENT SESSIONS

AWAY FROM THE BRIGHT CITY LIGHTS: HOW TO PROVIDE EFFECTIVE THERAPY IN RURAL AREAS SHORT ON RESOURCES

Project ECHO (Extension for Community Healthcare Outcomes)

BRIDGES OUT OF POVERTY: AN INTRODUCTION

Jennifer B. Larson, BS – Adolescent Services Program Administrator, Utah Division of Child & Family Services

JERK & JERKETTES: IF YOU CAN'T AVOID THEM, WORK WITH THEM

Cassandra Southam, CLFE – Utah County Coordinator, Utah Marriage Commission

PARENT-CHILD COMMUNICATION THROUGH THE LIFESPAN

Diane Calloway-Graham, PhD, MSW – Associate Professor, Utah State University Social Work Program; Therapist, Child & Family Support Center

THE MYTH OF THE "OUT OF CHARACTER" CRIME

Stanton E. Samenow, PhD – Clinical Psychologist, Consultant, Noted Speaker & Author, Private Practice

TRANSITIONS IN TRAUMA CARE

Brent Pace, LCSW – Clinical Director, Utah Health & Human Rights; Private Practice

TRAUMA AND LAW

Pending Final Faculty Confirmation

USE OF EXTENDED RELEASE NALTREXONE TO DECREASE AMA DISCHARGES

Kevin T. McCauley, MD – Program Services Director, New Roads Behavioral Health

2:15 - 2:30 EXHIBITS & BREAK

2:30 - 3:30 CONCURRENT SESSIONS

BRIDGING THE DIVIDE: SPIRITUALITY'S ROLE IN WELLNESS & TRAUMA **

Susan J. Roberts, MDiv – Board Certified Chaplain, University of Utah Healthcare (Panel Facilitator)

CHANGING OF THE GUARD: WHY SYSTEMS OF CARE & COALITIONS WILL DRIVE OUR FUTURE

Craig L. PoVey, LCSW – Prevention Administrator, Utah Division of Substance Abuse & Mental Health

Doug Thomas, LCSW – Director, Utah Division of Substance Abuse & Mental Health

CHANGING THE BRAIN ONE CONVERSATION AT A TIME

Dean F. Anderson, LCSW – Adult Outpatient Services Director, Wasatch Mental Health

MURDER-SUICIDE – WHAT'S DIFFERENT?

Stanton E. Samenow, PhD – Clinical Psychologist, Consultant, Noted Speaker & Author, Private Practice

NEW COUNSELING DILEMMAS IN THE DIGITAL AGE **

Mark Disselkoen, LCSW, LADC – Project Manager, Center for the Application of Substance Abuse Technology (CASAT) at the University of Nevada, Reno

THE NEUROBIOLOGY OF MOOD DISORDERS & WHAT IT MEANS TO YOUR PRACTICE

William R. Marchand, MD – Chief of Psychiatry, George E. Wahlen VA Medical Center

THE SYNTHETIC DRUG CRISIS – DIFFERENT PERSPECTIVES, DIFFERENT ROLES

Pat Bird, LSAC – Prevention Manager, Utah County Department of Drug & Alcohol Prevention & Treatment

Billy Reamer – CSAP Program Manager & Regional Prevention Director, Salt Lake County Behavioral Health Services

THE THREE 'Es' OF RESILIENCE: EMOTIONAL INTELLIGENCE, EMPATHY & EFFECTIVE COMMUNICATION

Sam Goldstein, PhD – Clinical Psychologist, Neurology, Learning & Behavior Center

3:30 - 3:45 EXHIBITS & BREAK

3:45 - 5:00 CONCURRENT SESSIONS

ARE WE TOO SMART FOR OUR OWN GOOD? ARE WE KEEPING PEOPLE ALIVE TOO LONG? **

Margaret P. Battin, PhD (invited)

FAMILY RESOURCE FACILITATORS: A MODEL FOR STRENGTHENING FAMILIES & BUILDING COMMUNITIES

Lori Cerar – Executive Director, Allies with Families

Tracy Johnson – Executive Director, New Frontiers for Families

PSYCHOPHARM REVIEW & UPDATE

Corey Ericksen, DO – Private Practice

RECOVERY IS MORE THAN ABSTINENCE!

Michael E. Dusoe, PhD, LCSW

THE ADULT ADHD EXPERIENCE

Panel Presentation

THE HELPING PROFESSION'S BIGGEST HAZARD: COMPASSION FATIGUE

Merikay Mitchell, MS, ACMHC – Clinical Mental Health Counselor, Center for Counseling Excellence

Marette Monson, LCSW, MBA, ACS – Certified Compassion Fatigue Educator, Center for Counseling Excellence

Gina Searle, MA, CMHC – Co-Founder, Center for Counseling Excellence

WHAT'S OLD IS NEW: THE POWER OF HABIT REVERSAL TRAINING

Michael B. Himle, PhD – Assistant Professor, University of Utah

WORKING WITH FAMILY SURVIVORS OF VIOLENT TRAUMA: PUTTING THE PIECES BACK TOGETHER

Larry Beall, MEd, PhD – Clinical Director, Trauma Awareness & Treatment Center

Douglas Goldsmith, PhD – Executive Director, The Children's Center

Tuesday – MARCH 17, 2015

7:30 - 8:00

CHECK-IN, EXHIBITS & CONTINENTAL BREAKFAST

8:00 - 9:00

KEYNOTE ADDRESS:

CLINICAL CHALLENGES: TRAUMA & PERSONALITY DISORDERS

Jeff Ball, PhD – Co-Founder, CEO & Executive Director, Psychological Care & Healing Treatment Center

(Supported in part by Shadow Mountain Recovery and Cirque Lodge)

9:00 - 9:15

EXHIBITS & BREAK

9:15 - 10:30

CONCURRENT SESSIONS

AND THEN WHAT HAPPENED? WHAT RESEARCH TELLS US ABOUT ADULthood WITH AUTISM

Megan Farley, PhD – University of Wisconsin Waisman Center

DEMENTIA DIMENSIONS: THE LATEST INFORMATION & ETHICAL CONSIDERATIONS **

Liz Garcia-Leavitt, LCSW – Health Educator & Clinical Social Worker, University of Utah Center for Alzheimer's Care, Imaging & Research (Panel Coordinator & Facilitator)

HOW TO INFUSE TRAUMA-INFORMED CARE INTO YOUR PRACTICE

Becky King, LCSW – Program Manager, Utah Division of Substance Abuse & Mental Health

Michael Newman – Recovery & Resiliency Peer Program Manager, Utah Division of Substance Abuse & Mental Health

IMPROVING EXECUTIVE FUNCTIONING DEFICITS THROUGH THE USE OF COGNITIVE THERAPY

Adam Schwebach, PhD – Neuropsychologist, Neuropsychology Center of Utah

IMPROVING THE RECOGNITION & TREATMENT OF PSYCHOSIS VIA EPIGENETICS & OTHER SCIENTIFIC ADVANCES

Kent Roundy, MD – Utah State Hospital

MULTI-AGENCY / MULTI-DISCIPLINARY APPROACHES TO NARCOTIC & OPIOID ADDICTION

Jay T. Bishoff, MD – Intermountain Healthcare

Representative, Davis Behavioral Health

Delia Rochon – Psychologist & Community Benefit, Mental Health Director, Intermountain Healthcare (Panel Coordinator)

A REAL TOOL IN PROVIDING PERSON-CENTERED PLANNING: COLLABORATIVE DOCUMENTATION

Catherine M. Johnson, LCSW – Youth & Family Services Division Director, Wasatch Mental Health

Juergen E. Korbanka, PhD – Executive Director, Wasatch Mental Health

Christina N. Zidow, LCSW – Chief Operating Officer, Odyssey House of Utah

SOLUTION-FOCUSED SKILLS TO STRENGTHEN YOUR PRACTICE & YOUR PATIENTS' SUCCESSES

Doug Nielsen, LCSW, (CSP) – Speaker, Author, Performance Interventionist, Coach – Doug Nielsen Communications

YOU'RE NOT THE SAME PERSON I MARRIED: THE IMPACT OF TRAUMA, GRIEF, PORN, SEXUAL INDISCRETION & VIOLENCE ON A HEALTHY RELATIONSHIP

Brandon Gwilliam, LCSW – IPU Program Coordinator, George E. Wahlen VA Medical Center

10:30 - 10:45 EXHIBITS & BREAK

10:45 - 12:00 CONCURRENT SESSIONS

INSIGHTS TO UNDERSTANDING & WORKING WITH FAMILIES OF THOSE WITH SPMI

NAMI Utah - Family Panel

Kent Roundy, MD – Utah State Hospital (Panel Moderator)

MORAL DISTRESS, ETHICAL ISSUES & SELF-CARE **

Greg Phair, LCSW – Utah State Hospital

Steven Porter, LCSW – Utah State Hospital

OUTSIDE THE WESTERN BOX – SIMPLE YOGA AS A TREATMENT COMPONENT FOR TRAUMA

Yael Calhoun, MA, MS, E-RYT – Executive Director, GreenTree Yoga

PSYCHOTHERAPY WITH ADULTS WITH AUTISM SPECTRUM DISORDERS & COMORBID ANXIETY, MOOD DISORDERS, OR BEHAVIOR PROBLEMS

Julia Connelly, PhD – University of Utah Departments of Psychiatry and Educational Psychology

RESPONDING TO CRIMINOGENICS & INTERFACING WITH THE SYSTEM

Jimmy Long – Salt Lake County Jail

TELE-CRISIS: AN INNOVATIVE WAY TO ADDRESS THE INCREASING DEMAND FOR BEHAVIORAL HEALTH SERVICES IN THE ED

Marceline Brown, LPC – HCA Director, MSTAR Tele-Crisis Services

Jennifer-Hebdon-Seljestead, LCSW – Behavioral Health Services Outreach Director, MountainStar Healthcare (Facilitator)

Rachael Jaspersen, PhD, LCSW – Behavioral Health Consult Service Manager, Intermountain Healthcare

Troy Wood, LCSW, MBA, FACHE – HCA Mountain Division Vice President, MountainStar Healthcare

THE SERIOUS SIDE OF MAKING FRIENDS & HAVING FUN: NEW DATA LINKS SOBER OUTCOMES WITH PEER SUPPORT & RECREATION IN REHAB

Bob Ferguson – Founder & Director, Jaywalker Lodge

WALKING ALONGSIDE LOSS & GRIEF

Nancy Madsen, MS, SSW – Caregiver Support Program Manager, Utah Division of Aging & Adult Services

WHEN BRAIN CHANGES ALTER THE RELATIONSHIP: COMMUNICATION & COPING

Liz Garcia-Leavitt, LCSW – Health Educator & Clinical Social Worker, University of Utah Center for Alzheimer's Care, Imaging & Research

12:00 - 1:15 LUNCH - On Your Own

1:15 - 2:30 CONCURRENT SESSIONS

ALL THINGS CONSIDERED WHEN TREATING PORN ADDICTIONS **

Derek Andersen, LMFT – Andersen Counseling

CBT IN THE TRENCHES!

Amanda Rapacz, PsyD – Clinical Psychologist, Utah State Hospital

EMPOWERMENT: HELPING CLIENTS DISCARD THE VICTIM ROLE

Marcie Chambers, PhD – CEO, The Rose House

KEEP THE SHOCK & AWE IN YOUR TREATMENT PRACTICES NOT IN INEFFECTIVE SAFETY PRACTICES

Mark Crosby – Sergeant, Provo Police Department

Todd Grossgebauer – Lieutenant, Provo Police Department Special Operations

Randy Huntington, LCSW – Adult Services Division Director, Wasatch Mental Health

LEVERAGING ETHICS TO WORK EFFECTIVELY WITH PEER SUPPORTER SPECIALISTS **

Jeremy Christensen, LCSW – Assistant Director, Utah Division of Substance Abuse & Mental Health

Carolyn Fick, APRN – Psychiatric Clinical Nurse Specialist, Peer Support Specialist Coordinator,

George E. Wahlen VA Medical Center

Michael Newman – Recovery & Resiliency Peer Program Manager, Utah Division of Substance Abuse & Mental Health

LIVING WITH EARLY STAGE DEMENTIA – THE PERSON, THE FAMILY

Kate Nederostek, MGS, CDP – Program Director, Alzheimer's Association Utah Chapter (Panel Moderator)

PSYCHOPHARMACOLOGY IN AUTISM

James Ashworth, MD – University of Utah Department of Psychiatry

SIMPLE THINGS SAVE LIVES: BRIEF INTERVENTIONS AND SAFETY PLANNING FOR SUICIDE PREVENTION

Craig J. Bryan, PsyD, ABPP – Executive Director, National Center for Veterans' Studies

THE ROLE OF CULTURE & RELIGION IN MENTAL HEALTH AND/OR SUBSTANCE ABUSE TREATMENT

Rex Harvey – Traditional Consultant, Utah Navajo Health System

Rick Hendy, LCSW – Behavioral Health Director, Utah Navajo Health System

James Kimball, MD – LDS Hospital

James Ott, LCSW, CAI, CIP – Red Willow Counseling & Recovery (Panel Moderator)

Representative – LGBTQ Community

Wendy Stilson, SUDC – Director of Treatment Services, St. Mary's Center for Recovery

2:30 - 2:45 EXHIBITS & BREAK

2:45 - 3:45 CONCURRENT SESSIONS

ARE YOU PROVIDING EVIDENCE-BASED PRACTICES THAT WILL GET YOU PAID?

Kelly Bawden, MS, Post Doc, MFT, SUDC – Therapist, Eagle Ranch Academy & Private Practice

CRITICAL INCIDENT DEBRIEFING TO AVOID FUTURE TRAGEDIES

Rick Hendy, LCSW – Behavioral Health Director, Utah Navajo Health System

LeAnne Huff, LCMHC – Program Manager, Utah Division of Substance Abuse & Mental Health

FAIR HOUSING & MENTAL HEALTH

David Parker, PhD – Fair Housing Education Outreach Specialist, Utah Labor Commission

LEGAL & ETHICAL CONSIDERATIONS WHEN YOUR THERAPY PRACTICE INTERFACES WITH THE FAMILY COURT SYSTEM **

Michelle Jones, LCSW – Individual & Family Therapist, Private Practice

MINDFULNESS ORIENTED RECOVERY ENHANCEMENT FOR ADDICTION, STRESS & PAIN: CLINICAL TACTICS & NEUROCOGNITIVE MECHANISMS

Eric Garland, PhD, LCSW – Integrated Medicine Associate Director, Huntsman Cancer Institute; Associate Professor, University of Utah College of Social Work

“READY OR NOT!” IS THE QUESTION: DISASTER PLANNING FOR PROFESSIONALS

Terry Begay, LCSW, AEMT, MEP – Medical Surge Director, Salt Lake-Summit-Tooele Healthcare Coalition

THE SELF-OPTIMIZATION GROUP: SHARING STRATEGIES FOR SUCCESS

Elliot Francis

William McMahon, MD – Chair, University of Utah Department of Psychiatry (Panel Coordinator)

Bruce Parsons, PhD

Robert Wuebker, PhD

WHY STAY TOGETHER? GAY INDIVIDUALS IN HETEROSEXUAL RELATIONSHIPS

Amy Fehlberg, PhD – Shoreline Psychology

Mary Fisher, CMHC – Shoreline Psychology

3:55 - 5:00 CLOSING KEYNOTE: LIFE HAPPENS, PLANS CHANGE. I'MPOSSIBLE!

Jeffrey A. Griffin, MEd – Griffin Motivation

**** Includes ethics discussion / credit.**

POST-CONFERENCE WORKSHOPS

Registrants will be notified of their course location and other details upon receipt of their registration.

Reduce Suicide Risk & Promote Healing - Suicide Postvention Training

CONNECT[®] - TRAINING PROFESSIONALS & COMMUNITIES IN SUICIDE PREVENTION & RESPONSE

Chet Ludlow, LCSW – Team Leader, Central Utah Counseling Center (Coordinator & Facilitator)
Connect[®] Trainers

Wednesday - March 18, 2015 • 8:00 – 5:00

A suicide can have a devastating impact on a community or organization. The shock and grief can ripple and affect friends, co-workers, schools, and faith communities. Connect[®] postvention training helps service providers respond in a coordinated and comprehensive way in the aftermath of a suicide or any sudden death. Since knowing someone who has died by suicide is one of the highest risk factors for suicide, **postvention becomes an integral part of suicide prevention efforts.**

Mental health and addiction treatment providers are on the front lines of suicide prevention efforts. A unique community-based, public health approach, Connect[®] training increases their competence in recognizing and responding to individuals who are suicidal or at-risk for suicide.

This training includes activities, interactive case scenarios, discussion, powerpoint, and printed materials. Training highlights include

- Best practices on how to coordinate a comprehensive and safe response to a suicide
- Best practice protocols specific to mental health and addiction treatment providers
- Interactive case scenarios
- Strategies for reducing the risk of contagion
- Review of the complexity of suicide-related grief, especially for different age groups
- Recommendations for funerals and memorial activities
- Suggestions of how to talk to survivors of suicide loss to promote their healing
- Best practices for safe messaging about suicide and responding to the media
- Identification of community resources to promote healing

Face Difficult Challenges and Live a Happier, More Positive Life – DBT Skills Training

INCORPORATING DIALECTICAL BEHAVIORAL THERAPY (DBT) INTO YOUR PRACTICE

DBT Intensively Trained Clinicians

Wed/Thurs - March 18 & 19, 2015 • 8:00 – 5:00

Identify client strengths and help them identify thoughts, beliefs and assumptions that make life harder. Dialectical Behavior Therapy (DBT), a cognitive behavioral treatment originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder, is now recognized as an effective treatment for a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder and eating disorders. Research has shown DBT to be effective in reducing suicide behavior, non-suicidal self-injury, psychiatric hospitalization, treatment dropout, substance use, anger and depression and improving social and global functioning. Some research, as well as anecdotal results from clinicians around the globe demonstrate more effectiveness with incorporation of some DBT skills, short of full model use, than without inclusion of such techniques.

For some time now, *Generations* has provided multiple sessions on DBT Skills. Now, to better meet requests for more intense training that leaves participants with the confidence, knowledge, and ability to incorporate DBT skills into their own practice without attending costly, multi-day events of intense training, *Generations 2015* is offering a special two-day post-conference workshop conducted by certified DBT clinicians that will focus on skills such as

- Mindfulness,
- Distress Tolerance,
- Emotion Regulation and
- Interpersonal Effectiveness.

These skills, together with the latest updates published in October 2014, can be used in most practices with a variety of clients. The effectiveness is evidenced in many publications. After attending this special workshop, not only will you be able to immediately implement these DBT skills effectively in your own practices, you may also count this training as a first step towards eventual certification in DBT.

CONFERENCE PARTNERS

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PROGRAM COMMITTEE

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Pam Bennett, LCSW - Adult Mental Health Program Administrator, Utah Division of Substance Abuse & Mental Health
Doug Benson, PsyD - Director of Psychology, Utah State Hospital
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Jeremy Christensen, LCSW - Assistant Director, Utah Division of Substance Abuse & Mental Health
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Barbara Sidener, BS, SSW - Care Coordinator, Valley Behavioral Health Forensic Unit
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Mick Woolsey, LCSW - Director of Education, Utah Foster Care Foundation
Christina N. Zidow, LCSW - Chief Operating Officer, Odyssey House of Utah
Tia D. Korologos, BSN, RN - President, ESI Management Group (facilitator)

ADDITIONAL PLANNING SUPPORT

Tina Anderson, SSW, QIDP - Director of Social Services, Heritage Hills Rehab & Care Center • **Chris Beazer** - Admissions & Marketing Director, Shadow Mountain Recovery • **Terry Begay, LCSW** - Med-Surg Director, Salt Lake County-Summit-Tooele Healthcare Coalition • **Lanette Best, CMHC** - Utah Department of Workforce Services Social Work Services • **Shannon Christensen** - Utah Addiction Center, Central Rockies ATTC • **Amy Gillespie, LCSW** - Therapist, Private Practice • **Mary Kay Kennedy** - Business Development Director, Provo Canyon Behavioral Hospital • **Travis Larsen, SW** - Readjustment Counselor, Salt Lake Vet Center • **Karen Malm** - Director, Summit Community Counseling • **Mary Jo McMillen** - Executive Director, Utah Support Advocates for Recovery Awareness (USARA) • **Randy Pennington, PsyD** - Training Director, Wasatch Mental Health • **Rita Roybal** - Hill Air Force Base • **Robert H. Snarr, MPA, LCMHC** - Adult Program Manager, Utah Division of Substance Abuse & Mental Health • **Eric Tadehara** - Utah Division of Substance Abuse & Mental Health • **Doug Thomas, LCSW** - Director, Utah Division of Substance Abuse & Mental Health • **Ross VanVranken, LCSW** - Director, University of Utah Neuropsychiatric Institute • **Janet Wade, BSc** - Utah Services Director, Easter Seals-Goodwill Northern Rocky Mountain • **Sherri Wittwer** - Network Director, OptumHealth Salt Lake County

** All information in this publication confirmed as of early print date.*

REGISTRATION FORM

You may register on-line with a credit card at www.esimgt.org using conference code "G316" or simply mail this completed registration form with a check / money order payable to "Generations or ESI".

Name:* _____ Degree: _____

Title: (if any) _____

Organization (if any): _____

Address: _____

City/State/Zip: _____

Daytime Phone: (_____) _____ Email: _____

* Substitutions will not be accepted after March 6th. Such changes must be made on-site.

EARLY-BIRD REGISTRATION *(must be postmarked by February 6, 2015)*

- ☐ \$ 240 Two-Day Conference (Monday & Tuesday)
- ☐ \$ 250 Two-Day Conference with CEU/CME Certificate
- ☐ \$ 75 Post-conference workshop on Suicide Postvention
- ☐ \$ 225 Post-conference workshop on DBT

GENERAL REGISTRATION *(must be postmarked by March 4, 2015)*

- ☐ \$ 265 Two-Day Conference (Monday & Tuesday)
- ☐ \$ 275 Two-Day Conference with CEU/CME Certificate
- ☐ \$ 85 Post-conference workshop on Suicide Postvention
- ☐ \$ 250 Post-conference workshop on DBT

\$ _____ **Total Amount Enclosed with this form**

☐ Please bill my agency as noted below. I have obtained approval for such billing using:

Purchase Order # _____

Contact: _____ Title: _____

Organization: _____ Daytime Phone: (_____) _____

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ON-SITE REGISTRATION

IF space permits, on-site registration may be available for:

- ☐ \$330 Two-Day Conference (Monday & Tuesday - inc. CEU/CME Certificate)
- ☐ \$100 Post-conference workshop on Suicide Postvention
- ☐ \$ 300 Post-conference workshop on DBT

* Lunch on day one, March 16th, is not guaranteed for on-site registrants.

MAIL TO:

ESI Management Group
Post Office Box 1734 - Draper, UT 84020-1734

(Keep a copy of your payment or invoice as your receipt as **no confirmations will be mailed.**)

Generations 2015

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